



Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

Local Vendor Project: Cream Nut!

—adapted from creamnut.com

Cream Nut has been made
in Michigan since 1925



The Cream-Nut story began when Sibbele Koeze emigrated to America from the Netherlands in the 1880's. In 1910, he established a thriving fresh produce business.

What Sibbele Koeze started with his dedication to value, quality, and service, remains the ideal of the Koeze Company today. Sibbele's son, Albertus, went to work for

his father and soon after directed the Koeze Company's entry in the manufacture of fine hand-crafted peanut butter. Today, more than eighty years later, Albertus' grandson, Jeff, is still making the same heritage, all-natural peanut butter.

To make a vintage product, Koeze uses vintage machinery. Albertus would feel right at home with the classic peanut butter equipment still in use. Though costly to run and maintain, this machin-

ery allows Koeze to focus on the craftsmanship of Cream-Nut peanut butter.

Selected Virginia peanuts are carefully roasted to a rich dark color, then coarse ground to perfection. They produce only small batches, one at a time with nothing added except a pinch of salt. There are no artificial colors, preservatives, or sugar, and it's never homogenized. Prized in West Michigan for generations, the Co-op is proud to carry Cream-Nut peanut butter from Grand Rapids, Michigan.

WHAT'S INSIDE:

Manager's Update	2
Annual Report	2
Events for June	3
New on the Board	3
June Celebrations	3
Co+op Kitchen!	4
June Recipe: Cherries Jubilee	4

A Peek at Produce: Summer Fruit Harvest

—By Jen Whaley, Produce Manager

Whether you're snacking on purple-red sweet cherries, or enjoying tart cherry pie, cherries are definitely one of our favorite summer fruits. Aside from being delicious, recent studies have found anti-inflammatory properties in cherry anthocyanins – the antioxidant that gives cherries their rich red hue – that can aid in heart health and weight loss.

Originally grown centuries ago in Europe and West Asia, today Michigan produces both sweet

and tart cherries. Around 75% of the nation's tart cherries come from Michigan's north-west corner of the Lower Peninsula. The Traverse City area produces 275 million pounds of fruit in a good year. In 2012, according to the Michigan Cherry Committee, the official amount was just 11 million pounds (you may recall a shortage of most Michigan fruit last summer).

Fortunately this year's crop,

while a couple weeks late, is shaping up to be a bountiful one despite a Mother's Day freeze. We generally see sweet cherries at the Co-op and Farmers Market in late June/early July. Other tree fruits are also faring well this season.

But two things are for certain – after last year's crisis, I will never again take for granted our state's agricultural bounty and diversity. And that first cherry is going to taste *so good*.

General Manager's Update



General Manager
Corinne Sikorski

With our Annual Meeting and reports behind us, we are ready to return to the ongoing quest of bettering our internal systems and food quality, as well as promoting what we have to offer our members and the Ypsilanti community.

While our main focus is running a grocery store, alignment of the board, staff, management and member-owners is necessary to the Co-op's continued success. With two new Board members, the first steps will be to help them understand Board tasks and their role as directors.

Your Board will be participating in a retreat

this month, with the intent of creating policies that will help hold operations and management accountable to the needs and expectations of our membership. Ends Policies, to guide us in what we expect our Co-op to be and do, will also be created in the coming months.

While the Board election process at the General Membership Meeting has worked well for 30 years, it may be time to review those policies. How we choose board members and how you get that information may need to take different approaches. How to better incorporate input from mem-

bers is an ongoing job for the Board and staff.

It continues to be important for our Co-op to be a strong organization, resilient to growing external threats. As corporate giants and big box stores offer more organic foods, our strengths will be tested as a remedy to the culture and conventional food system that has made the USA the least healthy of any developed nation.

Growth has its challenges, including the ongoing evolution of our organization to meet the needs of a larger and more diverse membership.



YFC Annual Report Available

Make sure to check out the 2012 Annual Report for the Ypsilanti Food Co-op.

Within you will find updates from the Board of Directors and the General Manager, plus information about sales and our growth in 2012. Also included are updates

about Solar Ypsi (we're up to 60 solar panels on the roof!) and the Local Honey Project (we had our first honey harvest!), plus our community involvement and activities in the past year. It is available for download from our website: www.ypsifoodcoop.org or ask for a copy in the store.

Welcome to our Newest Board Members



Though new to the Board, both Jesse Tack and Bill Ayars are familiar faces around the Co-op!

They were elected at the May 23 General Membership Meeting, along with the re-election of Karin Keim.

Jesse is the primary organizer of the organization Abundant Michigan/Permaculture Ypsi

(AMPY), an active new group working on sustainability. He is passionate about healing our local food system and increasing its resiliency through planting perennial food-bearing fruit & nut trees. He is a music therapist at St. Joe's, and originally from Lapeer.

Bill has been a Co-op member for 5 years, and was born in rural Nebraska. He is excited about the diverse local agriculture of Michigan and brings marketing expertise to the Board. He hopes to help make the Co-op's recent exceptional

growth a smooth and positive process. His day job is in short line railroad marketing and operations for Conrail Shared Assets.

Information about the entire 2013 Board of Directors can be found on our website under [Ypsi Food Co-op Governance](#).



Bill Ayars, (above) and Jesse Tack (left) are new to the YFC Board.

Thursday June 6, 5:00pm

Cruise Nights begin in Depot Town

Come out and stroll thru Depot Town viewing hundreds of classic cars. Stop by the Co-op for cup of hot coffee, sandwich, side, or soda while you enjoy the rolling sculpture.

Tuesday June 11, 6:30pm

Board of Directors Meeting at YFC

Board meetings are open to the general membership to observe and participate in except when an executive session is called.

Friday June 14, Potluck 6:00pm, Film 7:00pm

Film: "Within Reach" at downtown Ypsi Library, 229 W Michigan Ave, Ypsi

Immediately following the 6pm Growing Hope Community

Potluck—please

bring a dish to pass! The

Sustainability Film Series is co-

sponsored by YFC, the Ypsi District Library,

Growing Hope, and Transition Town Ypsi. This

month's film is "Within Reach" and documents one couple's bike journey across the United States in search of a

new home in a sustainable community; they discover that not only is such a life possible, it is already underway.

Saturday June 15 3:00-3:45pm

New Member Orientation

"Get to Know Your Co-op!" with a short presentation and a tour of the Food Co-op. Receive a 12% grocery discount for attending! All are invited.

June Events

June Celebrates International Volunteers, LGBT Pride, & American Rivers

Thank you so much to all the intrepid volunteers who make the Ypsi Food Co-op what it is. Many volunteers help out in the store, with the Local Honey Project, Solar Ypsi, and so much more. Your

generosity is deeply appreciated by all of us.

June as LGBT Pride Month commemorates the riots at NYC's Stonewall Inn in 1969, protesting the unjust arrests and harassment of gay patrons.

We are also invited in June to enjoy American Rivers. Let's get out there and enjoy the beautiful Huron River that graces our city and many of its parks & trails.



The Rainbow Flag symbolizes the beauty of inclusivity and diversity, which includes LGBT people.

YPSILANTI FOOD CO-OP

General Manager

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor

Lisa Marshall Bashert

lisa@ypsifoodcoop.org

Special Thanks to:

Jen Whaley and all our coordinators, volunteers and members

Printer

Standard Printing, Ypsilanti, MI

Printed on 100% recycled paper from the French Paper Company of Niles, MI

Co+op Kitchen Videos

More and more people are seeking to begin cooking fresh meals at home. Responding to consumer demand, StrongerTogether.coop has a new video series, Co+op Kitchen, where you'll find handy hints from chefs and food enthusiasts who love sharing their passion for great food, plus easy recipes for delicious homemade meals.

From learning about alternative sweeteners and how to grow your own sprouts to making a delicious Mixed Vegetable Indian Curry and cooking the perfect steak, you'll want to see what's cooking in the Co+op Kitchen!

Be sure to check out the free [Co+op Kitchen iPad® app](#) from the iTunes Store for step-by-step video instructions and recipe cards!



Recipe: Cherries Jubilee

Ingredients

4 tbsp unsalted butter,
cut into chunks
1/3 cup sugar
1 pound fresh cherries, pitted
1/4 cup cherry juice
1 cinnamon stick,
broken in half
1/2 tsp vanilla extract
1/4 tsp freshly-grated lemon
zest
2 tbsp apple juice
Vanilla or chocolate ice cream

Preparation

Melt butter in 10-inch skillet over medium-high heat; add sugar. Cook 2 minutes, stirring constantly, until the mixture begins to brown. Add cherry juice



Cherries Jubilee over ice cream

—adapted from *StrongerTogether.coop*

and cinnamon stick pieces. Continue cooking, stirring occasionally, until mixture is reduced by half. Add cherries, vanilla and lemon zest. Bring mixture to a boil; stir in apple juice and reduce to syrup consistency. For each serving, spoon generous 2 tablespoons of warm cherries and sauce over ice cream.

The traditional presentation for Cherries Jubilee is to use brandy instead of apple juice, and then flame (or flambé) the sauce with a long match or brulée torch. The sauce is also delicious on pound cake or angel food cake.